

Turtle Steps Story

There once was a turtle named Toby who lived in a pond with his family and a lot of other turtles. He liked to swim and play all day long. He also liked to play with his friends. He especially liked to play with his two best friends, Terri and Tim.

In this pond, there was an area that was used only by one turtle at a time when they needed to go to the bathroom. One day Toby saw Terri go back to the bathroom area and he thought, "Maybe I will go and peek around the corner so I can see Terri's private parts."

Just before he started to head over there to peek, he felt that maybe first he better **STOP** because he had a feeling that bothersome. He knew that he would be breaking a sexual behavior rule if he looked at Terri, so he stopped.

He then went inside his shell where he knew it was safe to calm down or **RELAX**. Toby remembered that he could take deep breaths or tense and relax his muscles to help him relax. He knew that being calm would help him make a good choice.

He then spent a few moments **THINKING**. He thought to himself, "Is what I'm thinking about doing okay?" He decided that it was not okay because it broke a sexual behavior rule. "What will happen if I do this?" He thought that if Terri found out that he was peeking, it might hurt her feelings and that he, also, could get himself in trouble if he did this.

Toby thought really hard, "What could I do instead?" He thought that he could go and play catch with Tim or maybe go swimming in his favorite part of the pool.

So Toby came out of his shell and **PICKED** going to find Tim and play catch with him instead of breaking a sexual behavior rule. He heard Tim in the distance and took off to go play catch with him.

1. **STOP!** – Stop what you are doing and say how you are feeling. Is your feeling high on the thermometer? If so, then use the Turtle Steps to help make a good choice.
2. **Go in your shell and RELAX** – Go in your shell like a turtle and calm down or relax. There are different ways to relax:
 - Spaghetti Muscles
 - Bubble Breaths
 - Deep Muscle Relaxation
 - Count to ten
3. **THINK** – Ask yourself:
 - "Is what I'm thinking about doing okay?"
 - "What will happen if I do this?"
 - "What could I do instead?"
4. **Come out of your shell and DO IT** – Pick the best thing to do and do it!